WHAT IS CLAIMED IS:

1. A method of treating insulin resistance, adult onset diabetes and metabolic syndrome X and its related complications in a mammalian subject, comprising intravenously administering to said mammalian subject a therapeutically effective amount of liposomal suspension of lipoprotein small unilamellar vesicles (SUVs), comprising predominantly phospholipids.

2. The method of claim 1, wherein said phospholipids are selected from the group consisting of phosphatidylcholine, phosphatidylglycerol and phosphatidylserine.

3. The method of claim 2, wherein said phosphatidylcholine is egg phosphatidylcholine.

4. The method of claim 2, wherein said phosphatidylcholine is 1-palmitoyl, 2-oleoyl phosphatidylcholine, 1-palmitoyl, 2-linoleoyl phosphatidylcholine or a mixture thereof.

5. The method of any one of claims 2-4, wherein said phosphatidylcholine has a transition temperature of less than about 37°C.

6. The method of claim 5, wherein said transition temperature is in the range of about -10 to 24°C.

7. The method of any one of claims 1-6, wherein said lipoprotein SUVs further comprise sphingomyelin, cholesterol or other sterols, in an amount less than about 40 mole percent.

8. The method of any one of claims 1-7, wherein said lipoprotein SUVs are empty.

9. The method of any one of claims 1-8, wherein said liposomal suspension is administered one to three times per week to said mammalian subject at a dose for each administration of about 50 mg – 1 g total lipid/kg body weight.

10. The method of claim 9, wherein said dose is about 200 – 450 mg total lipid/kg body weight.

11. The method of any one of claims 1-10, wherein said liposomal suspension is administered by intravenous injection or intravenous infusion.

12. Use of a liposomal suspension of lipoprotein small unilamellar vesicles (SUVs), comprising predominantly phospholipids.

in the preparation of a medicament for treating insulin resistance, adult onset diabetes and metabolic syndrome X and its related complications in a mammalian subject.

13. The use of claim 12, wherein said phospholipids are selected from the group consisting of phosphatidylcholine, phosphatidylglycerol and phosphatidylserine.

14. The use of claim 13, wherein said phosphatidylcholine is egg phosphatidylcholine.

15. The use of claim 13, wherein said phosphatidylcholine is 1-palmitoyl, 2-oleoyl phosphatidylcholine, 1-palmitoyl, 2-linoleoyl phosphatidylcholine or a mixture thereof.

16. The use of claim 13, wherein said phosphatidylcholine has a transition temperature of less than about 37°C.

17. The use of claim 16, wherein said transition temperature is in the range of about -10 to 24°C.

18. The use of any one of claims 12-17, wherein said lipoprotein SUVs further comprise sphingomyelin, cholesterol or other sterols, in an amount less than about 40 mole percent.

19. The use of any one of claims 12-18, wherein said lipoprotein SUVs are empty.

20. The use of any one of claims 12-19, wherein said medicament is suitable for administration one to three times per week to said mammalian subject at a dose for each administration of about 50 mg – 1 g total lipid/kg body weight.

21. The use of claim 20, wherein said dose is about 200 – 450 mg total lipid/kg body weight.

22. The use of any one of claims 12-21, wherein said medicament is suitable for administration by intravenous injection or intravenous infusion.